

Wednesday's Wisdom

February 1, 2012

The NH Dept. of Education, Bureau of Nutrition Programs and Services will be providing child nutrition personnel with this e-message entitled "Wednesday's Wisdom" the first Wednesday of every month. The purpose of the e-message is to communicate certain program related information to child care and school food programs. It is not meant to be lengthy because we know how busy you all are. We hope that you find the information useful.

In addition to the Wednesday's Wisdom e-message, we will also send you e-flashes. The e-flash will communicate when new information has been posted to the BNPS website pertaining to updates and changes with USDA regulation and Child Nutrition Program (CNP) memos. An e-flash may come on any day of the week and more than once per month. If you have any questions regarding these e-mails please contact us at 271-3646.

Thank you for all your work feeding New Hampshire's children and students.

The BNPS staff

Norovirus – Is it the flu or a virus?

Norovirus is a virus that causes an illness often referred to as the stomach flu even though it is not related to influenza or what we all call the flu. The symptoms include nausea, vomiting, diarrhea and stomach cramps. Some people also complain about headache, fever, muscle aches and the chills. Symptoms usually occur 1-2 days after contact with the virus and may last for 1-3 days after. In addition, a person still remains contagious for up to 3 days after symptoms resolve.

Norovirus is spread through either vomit or feces. It is very contagious and spread easily by either eating food or drinking products that have been contaminated with the norovirus or by touching objects or surfaces that have been contaminated by the norovirus and then placing a hand to the mouth or by directly touching vomit or stool from an infected person and then placing a hand to the mouth.

Prevention of norovirus is important especially for those working with food. Remember to have employees:

- Frequently wash hands with soap and water, especially after each toilet visit, before eating or preparing food, before putting on clean gloves, and after changing diapers in child care settings.
- Prevent bare hand contact with all ready-to-eat and ready-to-serve foods.
- Report their illness symptoms to you including vomiting, diarrhea, jaundice or yellowing of the skin or eyes, a sore throat with fever and infected cuts on hands, wrists or exposed arms.
- Stay home until the symptoms have been resolved and up to 2 days.

Taken from: "Norovirus Fact Sheet", National Food Service Management Institute

Additional Program Information:

Wednesday's Wisdom Tip of the Day

Important: Don't forget to go to the Bureau's website <http://education.nh.gov/program/nutrition/index.htm> for weekly updates on memos and other information.

School Lunch

Some of you have received a document regarding the School Wellness Profile project. This document was created by the Community Health Institute/John Snow Institute (CHI/JSI) through their assessment of current school wellness policies based on current USDA regulation. If you would like to make changes to your existing wellness policy, we would like to direct you to the Team Nutrition website where wellness policy tools and sample wellness policies can be found. Please go to: <http://www.fns.usda.gov/tn> click on Local Wellness Policies (found on the left). In addition, please remember that you can also go to the BNPS website (<http://education.nh.gov/program/nutrition/index.htm>) to find this link. If you have any questions please contact our office at 271-3646.

CACFP

Save the Date:

CACFP Nuts & Bolts Training, March 21, 2012, Department of Education- Room 15 @ 8:30 am

2012 Annual CACFP Conference, May 23, 2012 @ Southern New Hampshire University, Webster Hall pre-registration required.